



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 3, Issue 4

June 2004

President's Message...

If you are competing in the Silver Anniversary 25th Cleveland Track Classic on July 3rd at Cleveland Heights HS, we will also need you for registration and officiating (when you are not competing). The Cleveland Track Classic is pre-registration only. The deadline for entry is Wednesday June 30, 2004.

Entry forms to summer meets include: USATF Midwest Regional Championships 6/26 (Kankakee, IL – Olivet Nazarene College), Three Rivers USATF (Slippery Rock University) 6/27, **Cle. Classic 7/3 (pre-registration)**, USATF Outdoor Nationals 8/5-8, and North and Central American and Caribbean Championships 8/27-29.

USATF Outdoor Nationals will be held in Decatur, IL, August 5 – 8, 2004, and we are looking to put together several 4 x 100, 4 x 400, and 4 x 800 multiple men's and women's relay teams. In the 40 - 49 age group we could put together three (3) 4 x 100 meter relay team. It does not concern me who is on which team, but that we could finish 1st, 2nd, and 3rd. We should put together a good women's team. Please contact your age group coordinators and let them know that you are interested in participating on a relay team.

The North and Central American and Caribbean Championships will be held August 27 – 29, 2004 in Dorado, Puerto Rico. If you are going please let me know, so I can coordinate a team social gathering.

Congrats: Khalid Muzalim blasted his way to a 52 second 400m win at the Lake Erie USATF Championships. Joanne Siegel on the 5000 meter run in 23 minutes, Jeff Gerson and Norm Thomas battled their way on a tough 200 meter dash. Norm edged Jeff 38.0 to 38.6. Jeff also competed in the 1500 meter run and the 100 meter dash. Norm competed in the 400 meter dash. John Sloan won all of the field events he competed in.

Charles Wiedman won the Pole Vault (7'7") and earned All-American status at the Canton Regional Senior Olympics.

Hilary Goerge broke his previous state record in the Shot Put at the USATF Michigan Outdoor Championships (41' 1 1/4").

Help: Coach Claude Holland is still looking for officials for the World Youth Track and Field Championships which is to be held at John Carroll University, at the end of July and beginning of August.

There are team members who have not renewed their annual memberships. Yearly membership is \$20 for individuals and \$30 for families. Yearly Reimbursements for Regional, National, WMA North and Central American and Caribbean, and / or WMA World Championships will be distributed once only (\$25 per year). Please contact Jeff Gerson.

In This Issue

- *Cleveland Classic Entry Form*
- *Three Rivers USATF Entry Form*
- *USATF Outdoor Nationals Entry Form*
- *USATF Midwest Regional Entry Form*

Forward your meet results: maniccial@ameritech.net www.othtc.org, or e-mail thorntonm@michigan.gov, wilsonr6@michigan.gov.

Welcome to all New Club Members. Call your age-group coordinators; let them know that you're here!!!

**Please Plan on attending and officiating the
2004 Cleveland Track Classic (25th year)
Silver Anniversary!!!!**

We wish Derek Gainey and Jeff Gerson to be well.

Send your **meet results** to Larry Maniccia at maniccial@ameritech.net so they can be published on the www.othtc.org website!

Membership Drive Program

Any current member that signs up three new club members will have their membership dues reimbursed. (NOTE: A current member is fully paid for the year, and a new member excludes former club members from the past three years.)

E-Mail

Be sure to send your e-mail to Larry Maniccia via maniccial@ameritech.net or www.othtc.org

SECOND SOLE NEWS: Jeff Fisher and Clark Turner, Lyndhurst; 5114 Mayfield Road (44124), 440-449-8508.

As a club member, you regularly get 15% discount on all items. 20% discount on all Nike Zoom products.

RESULTS:

Charles Wiedman (M70): NE Ohio Senior Olympics: High Jump - 2nd, Standing Long Jump - 3rd, Discus - 1st, Shot Put - 1st. Canton Regional Senior Olympics: High Jump - 2nd, Javelin - 2nd, Discus - 2nd, Shot Put - 1st, Pole Vault - 1st (All-American).

USATF Michigan:

Monica Thornton (W40): Shot Put 22' 4½" - 1st, Long Jump 8' 8¾" - 1st.

Georgia Johnson (W75): 100m 20.56 - 1st, 4 x 100m Relay 50.42 - 1st, Shot Put 18' 7½" - 1st, Discus 37' 11" - 1st.

Hilary Goerge (M55): Hammer 124' 4" - 1st, Discus 130' 2" - 1st, Shot Put 41' 7" - 1st, New State Record.

Rodney Wilson (M45): 100m 13.17 - 1st, Javelin 120' 11¼" - 2nd.

Officers

President	Rodney Wilson
VP Programs	Essie Kea
VP Publicity	Bob Walters
VP Communications - web	Larry Maniccia
VP Communications - news	Monica Thornton
Secretary	Rex Harvey
Treasurer	Jeff Gerson
Historian and Records	Lawrence Finley

Coordinators

Women (all)	Essie Kea	216.383.1511
Men (open)	Larry Maniccia	440.237.6714
Men 30-39	Bob Walters	440.526.5635
Men 40-49	Bob Thomas	440.899.3599
Men 50-59	Jeff Gerson	440.473.0636
Men 60-69	Grover Coats	216.464.3865
Men 70+	Everett Poe	216.991.8524
Seniors	Chuck Wiedman	440.838.8362
Weight Events	John Sloan	330.877.9197
Multi Events	Rex Harvey	440.954.8122
Out-of-State	Lawrence Finley	859.236.2042
	Rodney Wilson	517.646.8742 (h)
		517.241.4007 (w)
Race Walking	Joyce Prohaska	216.521.7966
	Gunter Sprockhoff	440.582.0144
Road Racing	Joanne Siegel	216.397.0260
T/F Consultant	Paul Williams	440.605.1811
	Norman Thomas	330.425.8219



www.othtc.org

Presents

THE CLEVELAND TRACK CLASSIC

Saturday, July 3rd, 2004

USATF Sanctioned, USATF rules apply.

Pre-registration only – deadline 6/30/2004. NO ON-SITE REGISTRATIONS.

Order of Events: **Field events start at 8:30** **Track events start at 9:30**
Women followed by men / Oldest to Youngest

Field event athletes are requested to bring their own implements, as the meet does not supply them.

PLACE: **Cleveland Heights High School, 13263 Cedar Rd, (Corner of Cedar & Lee), Cleveland Heights, Ohio.**
Parking lot entrance is located on Washington Boulevard behind the school.

ENTRY FEES: \$5 per event, \$10 per relay.
Make checks payable to **OVER THE HILL TRACK CLUB.**
Entry fees must accompany entry forms. Pre-registration is required. No refunds!!

MAIL TO: **OVER THE HILL TRACK CLUB**
Attn: Dr. Rodney C. Wilson
4031 West Jolly Road, Apt. 31
Lansing MI, 48911

DIVISIONS: USATF age brackets.

ORDER OF EVENTS:	9:30am 3000m	8:30 am - Hammer (18 and up)
	Short Hurdles	
	4 x 100m Relay	
	800m	Shot Put
	100m	High Jump
	3000m race walk	Pole Vault
	60m	Long Jump
	300m Hurdles	
	400m	Triple Jump
	1500m	Discus (14 and up)
	200m	Javelin
	Sprint Medley Relay (100-100-200-400)	

AWARDS:	Medals for 1st-2nd-3rd		
CONTACTS:	Jeff Gerson	440-473-0636	Rex Harvey 440-954-8122
	Norman Thomas	330-425-8219	Dr. Rodney Wilson 517-646-8742

NEXT MEET: *Cross Country Classic*

NAME _____ AGE _____ B'DAY _____ SEX _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE (____) _____ CLUB AFFILIATION _____

EVENTS _____

In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the USATF, Lake Erie Assoc. USATF, Over the hill Track Club, and the Cleveland Heights School District, their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to complete in this meet.

SIGNATURE. (By athlete or coach /parent for minor athlete): _____

**USA TRACK & FIELD
2004 THREE RIVERS ASSOCIATION CHAMPIONSHIP MEET
SLIPPERY ROCK UNIVERSITY
OPEN and MASTERS – June 27, 2004**

DATE: June 27, 2004 – 7:00 AM registration - events (Hammer) begin at 7.30 AM **PLACE:** Slippery Rock University

SPONSOR: USATF Three Rivers Association **SANCTION:** USA Track & Field – **MEMBERSHIP REQUIRED**

Open and Masters may purchase memberships day of meet - A 2004USATF membership can also be obtained prior to or at the beginning of the track season. **Online at <http://www.usatf-threerivers.org>** or contact Cindy Long (724) 941-5639

MEET ENTRY FEE: \$5.00 PER INDIVIDUAL

Day of meet registrations accepted for Open & Masters competitions only

Send advance Open & Masters entries to: Mark Schwartz, 540 N. Sheridan Ave, Pittsburgh, PA 15206, phone - 412-362-5511

PROOF OF AGE MAY BE REQUIRED: (unless you have a USATF Membership Card with date of birth verified).
A valid drivers license can be used for age verification.

MASTERS & OPEN ORDER OF EVENTS

Events include Male and Female, **Open & Masters Athletes** unless designated otherwise below. Field event order subject to change.

PLEASE NOTE THAT OPEN & MASTERS POLE VAULT WILL BE ON SUNDAY, JUNE 27

Sunday, June 27

5000 Meter	2000M, 3000M	400 Meter	Triple Jump
100 Meter Trials	Steeplechase	4x800 Meter Relay	High Jump
3000M/5000M Race Walk	80, 110 Hurdles OM MM	200 Meter Trials	Pole Vault
100 Meter Finals	80, 100 Hurdles OW MW	4x400 Meter Relay	Hammer
800 Meter	4x100 Meter Relay	200 Meter Finals	Shot Put
300, 400 Meter Hurdles	1500 Meter	Long Jump	Javelin
			Discus

The 2004 USATF East Region T&F Championship will take place June 26 at Richard Stockton State College in Pamon, NJ. Since this meet takes place prior to the Three Rivers Championship Meet, contact Mark Schwartz for more information.

OPEN & MASTERS ENTRY FORM

Name _____	Date of Birth ____/____/____	Age _____
	Gender: Male / Female (circle one)	
Address _____	Division: Open / Master (circle one)	
	2004 USATF Memb # _____	Club _____
City/Zip _____		

Please indicate your events:

100M Dash _____	800M Run _____	Steeplechase _____	80M Hurdles _____	400M Hurdles _____
200M Dash _____	1500M Run _____	3000M RW _____	110M Hurdles _____	4x100M Relay _____
400M Dash _____	5000M Run _____	5000M RW _____	300M Hurdles _____	4x400M Relay _____
Long Jump _____	Triple Jump _____	High Jump _____	Pole Vault _____	4x800M Relay _____
Shot Put _____	Discus _____	Javelin _____	Hammer _____	

consideration of my being accepted for participation in the 2004 Three Rivers Association Championship Meet I intend to be legally bound for myself, my heirs, executors and administrators, waive and forever discharge any and all rights and claims for damages which may hereafter occur to me against USA Track & Field, Three Rivers Athletic Association, and Slippery Rock University or their officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with or entry in, or arising out of my travel to, participating in and returning from said competition. I further attest that I am physically fit for the competition in event(s) I have listed above.

Signature: _____ Date: _____ Phone: _____
(include area code)

OPEN & MASTERS ENTRY FORM



MASTERS 2004 OUTDOOR MIDWEST REGIONAL

Saturday June 26th, 2004, Olivet

TRACK SITE: Olivet Nazarene College, Bourbonnais – Kankakee Area – South of Chicago about 45 min – see http://oodb.olivet.edu/campus_map/ for directions.

HOSTED BY: Olivet Nazarene College, sanctioned by USATF Illinois, with the support of the Midwest Masters Track and Field Club, and Gill Athletics.

AGE GROUPS: 30 and up (5 year age groups), **Men and Women.** (Note: There will be an Open Section, College Athletes welcome)

TRACK FACILITY: Olivet Nazarene College: Synthetic surface, spikes allowed, long jump/triple jump runways;

ENTRY FEE: \$15.00 for first event, \$5 for all additional events for entries *postmarked* on or before June 21st. After June 21st call also to insure entry. Questions: Contact Jeff Watry at 217-367-8438 ext 152 (days) night leave a msg at day number. On-site registration is limited to time available. USATF membership number required for all entrants.

FACILITIES: Parking is available adjacent to the Track..

ORDER OF EVENTS: Saturday, June 26, 2004

10AM: All Field Events (HJ, PV) (Shot, followed by Discus, then Javelin, Hammer)(Triple follows Long Jump)(6 throws-jumps)

11AM: Running Events – Rolling Time Schedule: Short Hurdles, 1500m, 100m, Long Hurdles, 400m, 4x100 Relay, 800m, 200m, 3000m Race Walk, 5000m Run

Detach here and send to. Make checks payable to "Mike McDowell"

Jeff Watry
3224 CR 2700E
Penfield, IL 61862

MASTERS 2004 OUTDOOR MIDWEST REGIONAL

Name _____ Birthdate: ___/___/___ Age on 6/26/2004: ___ Gender: M/F

Address _____ City _____ St _____ Zip _____

USATF #: _____ Phone _____ / _____ Amount Enclosed: \$ _____

WAIVER. I understand that competing in a track/field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release USA Track & Field Illinois, Midwest Masters Track Club, and Olivet Nazarene College and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant full permission to use photos/records of these events. I grant permission for emergency medical treatment by competent medical personnel on the indicated date. List allergies and current medications, if any __ Circle Below for events

Events Entered ___ 100M ___ 200M ___ 400M ___ 1500M ___ 5000M ___ Short Hurdles ___ Long Hurdles ___ PV ___ HJ ___ LJ ___ TJ ___

Shot ___ Discus ___ Jav ___ Hammer ___

Signature _____ Emergency _____

Phone# _____ / _____ Date _____



**2004 USA Masters Outdoor Track & Field Championships
 COMPETITION ENTRY FORM
 All entries must be received by
 July 19, 2004**

Last Name _____ M, ___ F Age (as of August 5, 2004) _____
 First Name _____ Date of Birth (M) _____ (D) _____ (Y) _____
 Address _____ 2004 USATF # _____
 City _____ Citizenship _____
 State _____ Postal Code _____ E-mail Address _____
 Country _____ Fax Number _____
 Telephone (Day) _____ Telephone (Evening) _____

Event	Best Performance 03-04	Fee
1. _____	_____	\$30.00 _____
2. _____	_____	\$20.00 _____
3. _____	_____	\$10.00 _____
4. _____	_____	\$10.00 _____
5. _____	_____	\$10.00 _____
6. _____	_____	\$10.00 _____
7. _____	_____	\$10.00 _____
Pentathlon \$30.00(regardless of other events entered)		\$30.00 _____
Surcharge for entries received after July 19		\$50.00 _____
Championships Supporter (Optional).....		\$15.00 _____
USATF Masters Committee Fee (Mandatory)..... 10.00.....		\$10.00 _____
T-Shirt Order: S ___ M ___ L ___ XL ___ XXL ___ # ___ shirts x \$9/each = \$ _____ (Shirts ordered will be available at packet pickup)		
Championship Dinner (Saturday, August 7)..... # _____ x \$18.00/per person = \$ _____		
Total Amount		\$ _____

Payment for entry fee, shirts and dinner tickets **MUST** accompany your entry form. To pay by check or money order, send full payment made payable to Millikin University, 1184 W. Main Street, Decatur, IL 62522.

To pay by VISA or MasterCard, complete the following: VISA _____ MC _____
 Credit Card # _____ Expiration Date _____
 Signature _____

If paying by credit card, you may fax this form to (217) 362-6414. If paying by check or money order, mail this form along with payment to the address above.

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve Millikin University, USA Track & Field, USATF Illinois, and corporate sponsors of any responsibility for any injury, loss or damage to myself or my property, which I may sustain in the case of (or in connection with) the 2004 USATF National Masters Outdoor Championships. I also verify that I am registered or will register with USA Track & Field for the year 2004.

Signature _____ Date _____


Over The Hill Track Club
3661 Langton Road
Cleveland Heights, OH 44121



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Mentor, OH 44060

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